

# UNDENIABLE PROOF OF LOWEST TOTAL COST AT BIG BEAR FOODS!

THE FOUR MAJOR FOOD CHAINS IN THE SOUTH BAY AREA WERE "SHOPPED" ... USING AN ACTUAL SHOPPING LIST COMPOSED BY THREE AVERAGE SOUTH BAY HOUSEWIVES ... THE "SHOPPING" WAS DONE OCTOBER 25TH, AND \*ADVERTISED "SPECIALS" WERE INCLUDED! COMPARE ITEM COST AND TOTALS ... YOU WILL SHOP AT BIG BEAR FOODS!

- CRACKERS**
- PACIFIC HONEY TREAT—1 LB. BOX
- GRAHAMS** . . . . . 30c
- 2 OZ. BOX
- RITZ CRACKERS** . . . . . 31c
- CEREALS**
- 2 OZ. BOX
- QUAKER OATS** . . . . . 48c
- KELLOGG'S—9½ OZ. BOX
- RICE KRISPIES** . . . . . 32c
- 2 OZ. BOX
- POST TOASTIES** . . . . . 27c
- DAIRY FOODS**
- FOREMOST—PINT CARTON
- COTTAGE CHEESE** . . . . . 25c
- DUTCH PRIDE—½ GAL.
- FROZEN DESSERT** . . . . . 33c
- PET FOODS**
- RUSS 'N' BOOTS—16 OZ. CAN
- CAT FOOD** . . . . . 14c
- WALTER KENDALL—8 LB. BAG
- KIBBLED 5's** . . . . . 1.29
- JAMS & JELLIES**
- KERN'S PEACH/PINEAPPLE—2 LB. JAR
- PRESERVES** . . . . . 49c
- VEITCH—20 OZ. JAR
- GRAPELADE** . . . . . 37c
- MARY ELLEN—18 OZ. JAR
- APPLE BUTTER** . . . . . 31c
- LIBBY CORNED BEEF—24 OZ. CAN
- CANNED MEATS**
- HASH** . . . . . 59c
- NORMEL—4 OZ. CAN
- CHILI w/BEANS** . . . . . 49c
- RAVO—12 OZ. CAN
- CORNED BEEF** . . . . . 43c
- CANNED FISH**
- 4K L.M.—½ OZ. CAN
- MAR-KIST TUNA** . . . . . 27c
- METER PAN—10 OZ. CAN
- PINK SALMON** . . . . . 65c
- SAUCES & RICE**
- SPRINGFIELD—12 OZ. BOTTLE
- SANTOZ** . . . . . 13c
- LIBBY'S—6 OZ. CAN
- TOMATO PASTE** . 2 for 25c
- 10 OZ.—2 OZ. BOX
- LONG GRAIN RICE** . . . . . 37c
- MARGARINE & MILK**
- LUCCA—1 LB. CARTON
- MARGARINE** . . . . . 27c
- SPRINGFIELD—1 LB. CARTON
- MARGARINE** . . . . . 18c
- SPRINGFIELD—TALL CAN
- CANNED MILK** . 2 for 25c
- FROZEN FOODS**
- ANGUET—REG. PKG.
- DINNERS** . . . . . 39c
- ORTON—8 IN. PIE
- FRUIT PIES** . . . . . 3 for \$1
- IRBDS EYE—10 OZ. PKG.
- PEAS** . . . . . 16c
- SPRINGFIELD MIXED—10 OZ. PKG.
- VEGETABLES** . . . 2 for 29c
- ERTIFRESH—1 LB. PKG.
- OCEAN PERCH** . . . . . 49c
- SPRINGFIELD—4 OZ. CAN
- ORANGE JUICE** . 6 for \$1
- SOUPS**
- MPBELL'S—10½ OZ. CAN
- TOMATO SOUP** . . . . . 11c
- ORTON CHICKEN RICE—2 PK. PKG.
- SOUP MIX** . . . . . 37c
- MPBELL'S—10½ OZ. CAN
- VEGETABLE SOUP** . . . . . 13c
- SHORTENING & OILS**
- SPRINGFIELD—3 LB. CAN
- SHORTENING** . . . . . 58c
- SPRINGFIELD—32 OZ. BOTTLE
- SALAD OIL** . . . . . 45c
- LB. CAN
- CRISCO** . . . . . 73c

- OLIVES & PICKLES**
- EARLY CALIF. LARGE PITTED—TALL CAN
- OLIVES** . . . . . 36c
- FOODCRAFT FARM STYLE—15½ OZ. JAR
- CHIPS** . . . . . 22c
- SPRINGFIELD WHOLE—23 OZ. JAR
- SWEET PICKLES** . . . . . 38c
- BEVERAGES**
- DUTCH PRIDE—11 OZ. BOTTLE
- BEER** . . . . . 6 for 75c
- 7 OZ. BOTTLE
- SEVEN-UP** . . . . . 6 for 45c
- CANNED BEVERAGES—10-OZ. CAN
- NEHI** . . . . . 10 for 86c
- SALAD DRESSINGS**
- QUART JAR
- MIRACLE WHIP** . . . . . 52c
- SPRINGFIELD—24 OZ. JAR
- MAYONNAISE** . . . . . 39c
- MILANI 1990—16 OZ. BOTTLE
- FRENCH DRESSING** . . . . . 65c
- SUGAR—SALT & SPICE**
- C & H POWDERED & BROWN—1 LB. BOX
- SUGAR** . . . . . 14c
- 10 LB. BAG
- C & H SUGAR** . . . . . 99c
- SYRUP & PEANUT BUTTER**
- LOG CABIN, WITH BUTTER—24 OZ. BOTTLE
- SYRUP** . . . . . 59c
- KARO CRYSTAL WHITE—1½ B. BOTTLE
- SYRUP** . . . . . 29c
- SPRINGFIELD—16 OZ. JAR
- PEANUT BUTTER** . . . . . 45c
- LAUNDRY AIDS**
- SPRINGFIELD POWDERED—GIANT BOX
- DETERGENT** . . . . . 40c
- GIANT BOX
- TIDE - FAB - SURF** . . . . . 75c
- PALMOLIVE—REG. BAR
- TOILET SOAP** . . . . . 9c
- PUREX, PLASTIC—½ GAL.
- LIQUID BLEACH** . . . . . 38c
- TREND LIQUID—QUART BOTTLE
- DETERGENT** . . . . . 40c
- FLOUR & MIXES**
- GOLD MEDAL—5 LB. BAG
- FLOUR** . . . . . 57c
- ALBERS—40 OZ. BOX
- CORN MEAL** . . . . . 31c
- PILLSBURY REG.—REG. BOX
- CAKE MIX** . . . . . 37c
- AUNT JEMIMA—2 LB. BOX
- PANCAKE FLOUR** . . . . . 39c
- VEGETABLES & JUICE**
- HUNT'S CHILI—2½ CAN
- BEANS** . . . . . 25c
- SPRINGFIELD CUT—303 CAN
- GREEN BEANS** . . . . . 13c
- LIBBY'S CUT SLICED—303 CAN
- BEETS** . . . . . 16c
- DEL MONTE GOLDEN—303 CAN
- CREAM CORN** . . . . . 18c
- DIXIE DANDY—40 OZ. CAN
- YAMS** . . . . . 39c
- VEGETABLE—46 OZ. CAN
- V-8 JUICE** . . . . . 38c
- SPRINGFIELD—303 CAN
- PEAS** . . . . . 14c
- FRUIT & JUICES**
- OCEAN SPRAY—36 CAN
- CRANBERRY SAUCE** . . . . . 22c
- SPRINGFIELD YELLOW CLING—2½ CAN
- PEACHES** . . . . . 20c
- DOLE'S SLICED—½ CAN
- PINEAPPLE** . . . . . 20c
- TEXSUN PINK—4 OZ. CAN
- GRAPEFRUIT JUICE** . . . . . 29c

Here is an actual weekly shopping list used October 25th.

QUANTITY	BIG BEAR FOODS	Chain Store A	Chain Store B	Chain Store C	Chain Store D
6 ½ Gal.	Foremost Milk	2.70	2.70	2.70	2.70
1 24 oz.	Wesson Oil	.39	.43	.43	.43
1 400 Kleenex	Facial Tissue	.24	.27	.25	.27
1 80 ct.	Paper Napkins	.10	.14	.12	.11
1 4 pk.	Zee Toilet Tissue	.35	.39	.37	.39
1 Scot Paper	Towels—Giant Roll	.29	.31	.31	.33
1 18 oz.	Skippy Peanut Butter	.55	.67	.67	.67
1 4 oz.	Schilling Black Pepper	.33	.49	.41	.41
1 Giant	Tide	.75	.79	.79	.79
1 ½ Gal.	Purex Bleach	.38	.43	.43	.43
2 6 pk.	Candy Bars	.40	.54	.50	.50
1 Head of	Lettuce	.23	.29	.25	.29
4 Brown	Onions	2/15	3/13	2/19	2/15
2 ½ lbs.	Delicious Apples	1.25	1.25	1.19 lb.	1.10
3 lbs.	Rib Steak	2.64	3.27	2.94	3.57
3 ½ lbs.	Chuck Blade Roast	1.47	2.42	2.07	1.65
2 ½ lbs.	Ground Chuck	1.20	1.73	1.73	1.48
2 Chickens	—Cut Up	.34 lb.	.49 lb.	.49 lb.	.39 lb.
1 8 oz.	Kraft American Cheese - Sliced	.37	.39	.39	.39
1 Lipton	Tea—48 Bag Box	.59	.69	.69	.69
1 Best	Foods Mayonnaise	.59	.63	.63	.63
2 Libby	Pumpkin—2 ½ Can	.32	.39	.39	.39
3 Campbell's	Tomato Soup	.39	.44	.50	.41
1 C & H	Sugar—5 lb. Bag	.51	.54	.49	.54
2 Del	Monte Fruit Cocktail—303 Can	.40	.46	.46	.46
2 Stokley	Applesauce—303 Can	.36	.39	.39	.39
1 Dole	Crushed Pineapple—No. 2	.28	.31	.31	.31
3 Del	Monte Whole Green Beans—303	.81	.87	.87	.87
3 Niblets	Whole Kernel Corn—303	.54	.63	.63	.63
1 6 ½ oz.	B. Crocker Au Gratin Potatoes	.39	.43	.43	.43
1 15 oz.	Cheerios	.39	.45	.45	.45
1 42 oz.	Quaker Quick Oats	.48	.53	.53	.53
1 Bosco	Milk Amplifier	.55	.63	.63	.63
1 2-lb.	Folger Coffee	1.09	1.18	1.15	1.15
1 1-lb.	Pacific Honey Treet Grahams	.30	.35	.35	.35
1 1-lb.	Sta Crisp Crackers	.23	.29	.19	.29
2 1-lb.	Foremost Butter	1.34	1.40	1.38	1.38
3 Doz.	Dairy Fresh Large AA Eggs	1.41	1.17	1.11	1.17
4 Skippy	Dog Food No. 1	.36	.41	.41	.41
4 8 oz.	Puss-N-Boots Cat Food	.36	.41	.41	.41
1 Crisco	—3 lbs.	.73	.79	.87	.79
2 Chicken	O' Sea Tuna - Green Label ½	.60	.70	.70	.64
1 40 oz.	Bisquick	.41	.49	.49	.49
2 10 oz.	Birds Eye Peas	.32	.39	.40	.39
3 8 oz.	Hunts Tomato Sauce	.25	.29	.29	.29
4 Large	Loaves Langendorf Bread	.89	1.24	1.24	1.24

COMPARE THE TOTAL: 28<sup>02</sup> 32<sup>73</sup> 31<sup>02</sup> 31<sup>48</sup> 31<sup>54</sup>

- LIQUOR**
- PADDOCK CLUB KENTUCKY STRAIGHT—FIFTH BOTTLE
- BOURBON** . . . . . 3.77
- 80 PROOF—FIFTH BOTTLE
- DUNHILL GIN** . . . . . 2.99
- OTHER ITEMS**
- ALL NICKEL—50 SIZE
- CANDY BARS** . 3 for 10c
- KRAFT MINIATURE—10½ OZ. PKG.
- MARSHMALLOWS** . 24c

# BIG BEAR FOODS

## Armed Forces

Herbert S. Wright Jr., chief boilerman, USN, son of Mr. and Mrs. Herbert S. Wright Sr. of 1250 East Renton St., is serving aboard the attack aircraft carrier USS Enterprise, which took part in the North Atlantic Treaty Organization (NATO) fall training maneuvers, Sept. 23 to Oct. 3, in the Mediterranean. The exercise, involving nearly 13,000 men and 23 ships, centered around the coast of Macedonia, Greece.

Marine Private William J. Herbster, son of Mr. and Mrs. V. Anton Esco of 22024 Gulf Ave., completed recruit training Oct. 11 at the Marine Corps Recruit Depot, San Diego.

Marine Private First Class Robert J. Dombroski, son of Mr. and Mrs. J. Dombroski of 2191½ S. Figueroa, graduated Oct. 5, 1962 from the 12-week Aviation Fire Control Technician Course at the Naval Air Technical Training Center, Memphis.

Completion of this course qualifies him for duties with the Aviation Branch of the U.S. Marine Corps. Dombroski entered the service in August 1961.

Navy Lieutenant junior grade Jeffrey A. Carr, son of Mr. and Mrs. Hartley E. Carr of 1544 Marcelina Ave., is serving aboard the guided missile frigate USS MacDonough, currently making a "shakedown" cruise in the South Atlantic.

Upon completing the cruise, the ship will have been in the waters of the Gulf of Mexico and visited ports in the West Indies.

Airman Second Class William J. Gasser, son of Mr. and Mrs. Jay M. Gasser of 25820 Pennsylvania Ave., Lomita, is being reassigned to Elmendorf AFB, Alaska, following his graduation from the United States Air Force technical training course for aircraft radio repairmen here.

Airman Gasser was trained to operate, test, and repair interphone and emergency radio equipment. He entered the service in October 1961.

The airman is a graduate of Narbonne High School.

William A. Rustrum of Torrance has been promoted to airman first class in the United States Air Force.

Airman Rustrum, an administrative specialist, is assigned with the Headquarters Squadron, 93rd Bomb Wing, at Tinker AFB, Okla.

A graduate of North High School, Rustrum is the son of Mr. and Mrs. Ralph W. Rustrum of 2408 W. 237th St.

Army National Guard Pvt. William T. Schell Jr., 22, whose parents live at 212 Ave. F, Redondo Beach, completed the 10-week radio course under the Reserve Forces Act program at the Armor Center, Ft. Knox, Ky.

Schell received basic training at Ft. Ord and is a 1957 graduate of Redondo Union High School.

Alvin Chandler of Torrance has been promoted to airman second class in the United States Air Force.

Airman Chandler, son of Mrs. Edna Chandler, 17422 Mansell Ave., is an air policeman with the 93rd Combat Defense Squadron at Tinker Air Force Base, Okla.

The airman is a graduate of Merced High School. His father is Al Chandler of Long Beach.

Airman Basic John E. Schaffer, son of Mrs. June Sjon of 1623 Lomita Blvd., Harbor City, is being reassigned to Lowry AFB, Colo., for technical training as a United States Air Force air armament mechanic.

Airman Schaffer, who completed the first phase of his military training here, was selected for the specialized course on the basis of his interests and aptitudes.

He is a 1962 graduate of San Pedro High School.

Army Specialist Roy M. Dinnel Jr., son of Mrs. Irene F. Rogers, 2426 W. 232nd St., recently completed the 12-week engineer equipment mechanic course at Ft. Belvoir, Va. He entered the Army in February 1959 and completed basic training at Ft. Ord.

Marine Lance Corporal Bill R. Yates, son of Mr. and Mrs. Jess R. Yates of 1045 Torrance Blvd., completed a leadership course for non-commissioned officers at the First Marine Divisions School Center, Camp Pendleton.

### Ner Tamid Youth to Hold Party

The newly formed sub-teen and teen youth groups of Congregation Ner Tamid of South Bay, sponsored by Ner Tamid's Men's Club, will hold a bowling party Sunday, Nov. 11, 2 p.m. at the Palos Verdes Bowl, 24600 S. Crenshaw. All persons interested in either of these two groups are invited to attend. For further information, please call: Jack Newman, 377-5486; Mark Markman, FA 0-2133, or Al Safanoff, 378-7056.

### STAR GAZER

By CLAY R. POLLAN

Your Daily Activity Guide According to the Stars.

To develop message for Thursday, read words corresponding to numbers of your Zodiac birth sign.

1 No	31 Take	61 Year
2 You	32 Best	62 And
3 Time	33 Your	63 Tell
4 Keep	34 Year	64 For
5 Sum	35 Short	65 Best
6 May	36 A	66 You
7 You	37 Fine	67 God
8 Own	38 Neck	68 Necessary
9 Friend	39 Good	69 To
10 Judgment	40 Impose	70 Beware
11 Stick	41 Unpleasant	71 Help
12 Rest	42 Corinna	72 Capitalize
13 Let	43 There	73 Ideas
14 To	44 Worry	74 You
15 No	45 Depend	75 Recreation
16 Excuse	46 Sore	76 On
17 Read	47 Dory	77 Count
18 Hand	48 Hobbs	78 Core
19 For	49 Do	79 Upon
20 To	50 Count	80 New
21 Induce	51 Walls	81 The
22 To	52 Day	82 You
23 In	53 Entertaining	83 It
24 In	54 Today	84 For
25 Sum	55 From	85 Hearings
26 In	56 Familiar	86 New
27 Loved	57 So	87 If
28 Things	58 And	88 Source
29 Courtship	59 The	89 Them
30 Trouble	60 Know	90 Methods

Good Address Neutral

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Install plugs, points, condenser, adjust overhead valves, overhaul carburetor. Includes parts and labor. 8 Cylinder \$29.50.....6 Cylinder

**AUTOMATIC TRANSMISSION ADJUSTMENT** ..... \$795  
Includes necessary fluid and gasket.

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Grind Valves, De-Glaze, Ride Ream Cylinder Walls, Minor Tune-up, Includes New Rings, Gaskets, Oil and Labor.  
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